Promoting Sexual Health

Overview

- Requirements for sexual health promotion
- Key components of sexual health promotion campaign
- Resources
- Condom access strategy
- Condom skills

Opinion Poll

Requirements

- DoDI 1010.10, Health Promotion
  - **Achieve national objectives for prevention of STDs, HIV and family planning**
- "SECNAVINST 5300.30D, HIV, (6 Jan 06):
  - **"Aggressive disease surveillance, health promotion and education programs for naval personnel will be used to mitigate the impact of HIV infection on DoN."**
  - **"Commanders will provide HIV prevention training in command Health Promotion Program"**
- BUMEDINST 6222.12B, STD:
  - **"Health promotion and preventive medicine will provide information, education and behavior change programs to all naval personnel…"**
- MCO P1700.29, SEMPER FIT:
  - **Annual STD prevention training for all Marines**

Key Components of a Sexual Health Promotion Campaign

- Form a core team
- Define the problem
  - (global data / local data)
- Expand the team
- Get buy-in
- Select / test materials and strategies
- Communicate your plan
- Launch your plan
- Evaluate effectiveness and revise your strategy
  - (with local data)

DoN Data and Objectives

SHARP Vision

A Department of Navy (DoN) cultural norm in which sexual responsibility and safety is encouraged, support and expected,

and a population in which

all pregnancies are planned,

syphilis is eliminated,

and other sexually transmitted infections (STI), including HIV, are prevented.

SHARP Objectives

- Increase the proportion of pregnancies that are intended to 70%
- Increase the proportion of females at risk of unintended pregnancy (and their partners) who use contraception to 100%
- Increase the proportion of health care providers who provide emergency contraception to 90%
- Reduce the number of HIV cases among adolescents and adults to NMT 8 / 100K
- Increase the proportion of sexually active adults who use condoms to 50%

SHARP Objectives (cont)

- Reduce the proportion of males and females aged 15-24 infected with Chlamydia to 3%.
- Reduce incidence of Gonorrhea to 19 /100K
- Reduce the incidence of Gonorrhea among active duty female Sailors and Marines to 237 /100K
- Eliminate sustained domestic transmission of primary and secondary Syphilis
- Increase proportion of STD programs that routinely offer Hep B vaccine to all STD clients

SHARP Objectives (cont)

- Increase proportion of sexually active females aged 25 and under screened annually for Chlamydia to 90%
- Increase proportion of providers who assess sexual risk behavior during routine outpatient encounters to 90%
- Increase proportion of primary care providers and IDCs who have completed training in sexual risk assessments in the outpatient setting to 33%
- Increase the number of supported commands to which each MTF provided general sexual responsibility training (outreach) to 1 per year

DoN Data

Navy Environmental Health Center

Directorate of Population Health - Sexual Health and Responsibility Program (SHARP)

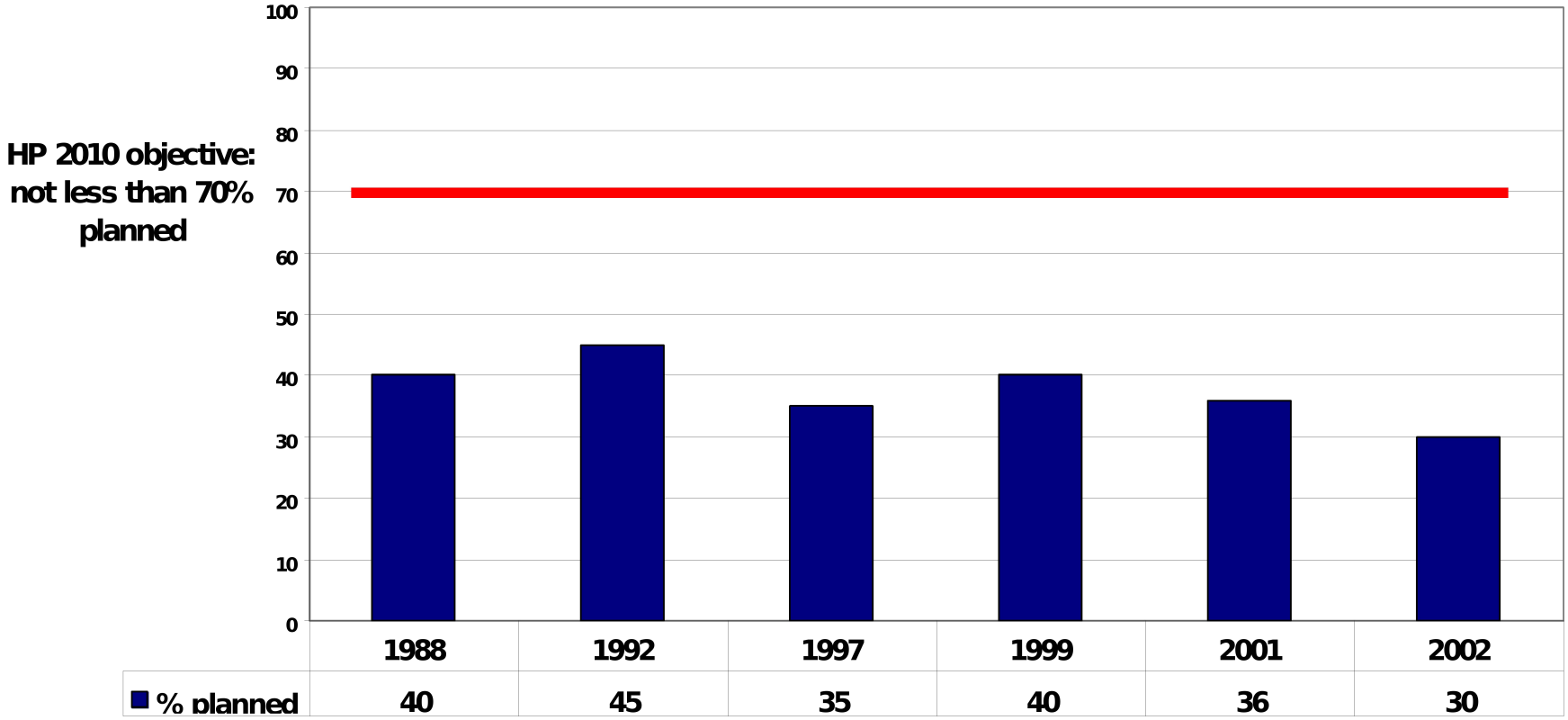
Sexual Health Indicators - Active Duty Sailors and Marines

(12/20/2005)

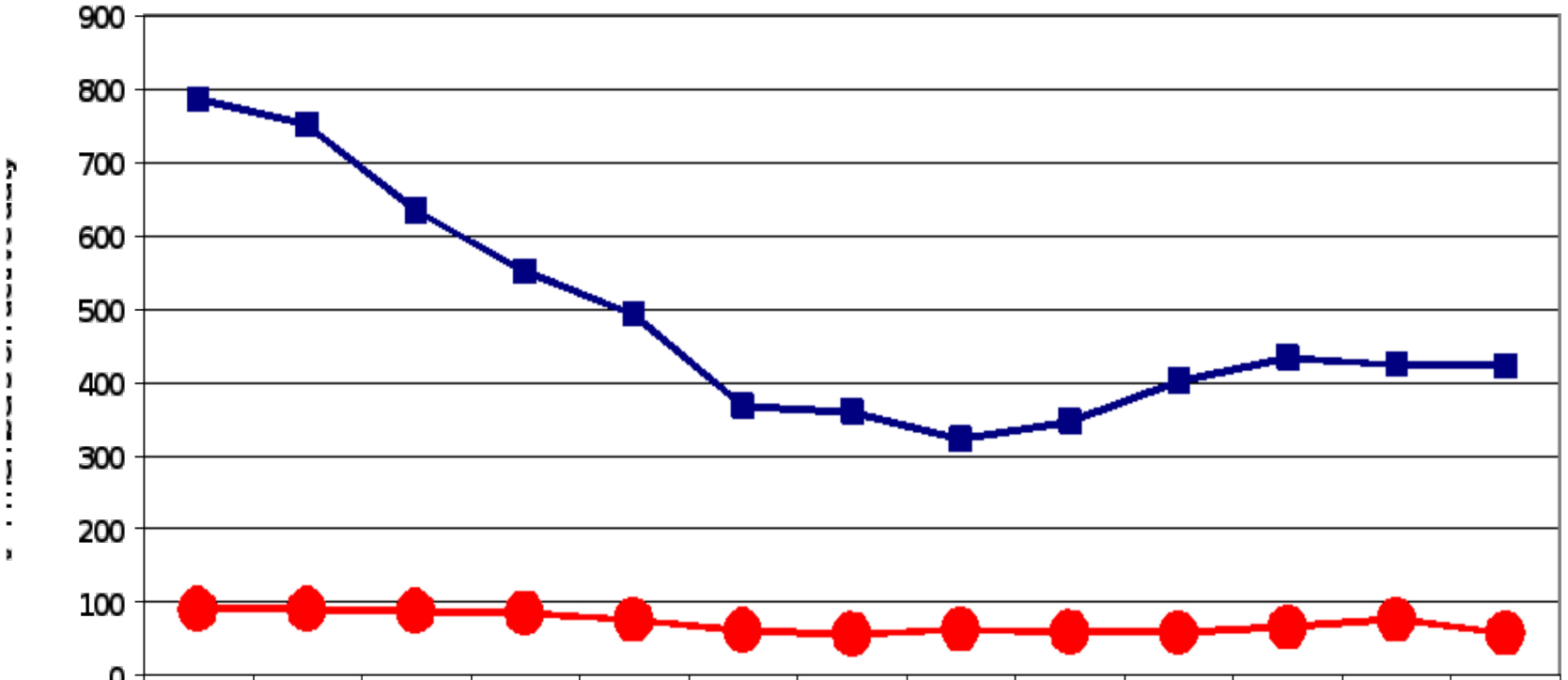
		reported cases	rate	goal	trend	goal	comment
Marines	Gonorrhea	175	99 / 100K	19 / 100K	🟢	🔴	2004 data. Rate per members on active duty midyear. 2003-2004 rates down from 123 in 2002.
	Gonorrhea among females	30	141.6 / 100K	237 / 100K	🟢	🟢	2004 data. Rate per female members on active duty.
	Chlamydia	863	490 / 100K	3%	🟢	?	2004 data. Rate per members on active duty midyear. 2003-2004 rates down from 647 in 2002. Because the population is largely male, rates are not comparable to civilian populations. Prevalence is unknown.
	HIV	18	15 / 100K	8 / 100K	🟡	🟡	2004 data. Rate per number of members tested. Although cases rose from 13 to 18, and rate rose from 9 to 15, case numbers are small.
	Syphilis	3	1.7 / 100K	0.2 / 100K	🟢	🟢	2004 data. Although national HP 2010 goal not met, case numbers are small and flat.
	condom use	n/a	43.3%	50%	🟢	🔴	2002 data. Condom use at last encounter by unmarried members. Rate improved from 42.4% in 1998.
Sailors	Gonorrhea	229	81 / 100K	19 / 100K	🟢	🔴	2004 data. Rate per members on active duty midyear. 2003-2004 rates down from 104 in 2002.
	Gonorrhea among females	76	237 / 100K	237 / 100K	🔴	🔴	2004 data. Rate per female members on active duty. Rate up from 2003 (189/100K)
	Chlamydia	1320	352 / 100K	3%	🟢	?	2004 data. Rate per members on active duty midyear. 2003-2004 rates down from 454 in 2002. Because the population is largely male, rates are not comparable to civilian populations. Prevalence is unknown.
	HIV	86	30 / 100K	8 /100K	🔴	🔴	2004 data. Rate per number of members tested. Case numbers range 84-87 annually since 2001. Rates have risen annually since 1999, from 16 to 30.
	Syphilis	13	3.5 / 100K	0.2 / 100K	🟢	🟢	2004 data. Although national HP 2010 goal not met, case numbers are small and flat.
	unplanned pregnancy	(est. 4606)	30%	70%	🔴	🔴	2002 data. Surveyed enlisted Sailors only. Rate worsened from 2001 - 2002 from 36% to 30%.
	condom use	n/a	46.4%	50%	🟢	🔴	2002 data. Condom use at last encounter by unmarried members. Rate improved from 38.9% in 1998.

Percent of Pregnancies Among Navy Enlisted Women Which Were Planned

(sources: Navy Pregnancy and Parenting Surveys: Navy Personnel Research and Development Center 1996, 1998; and Navy Personnel Research, Studies, and Technology 2001, 2002, 2004)

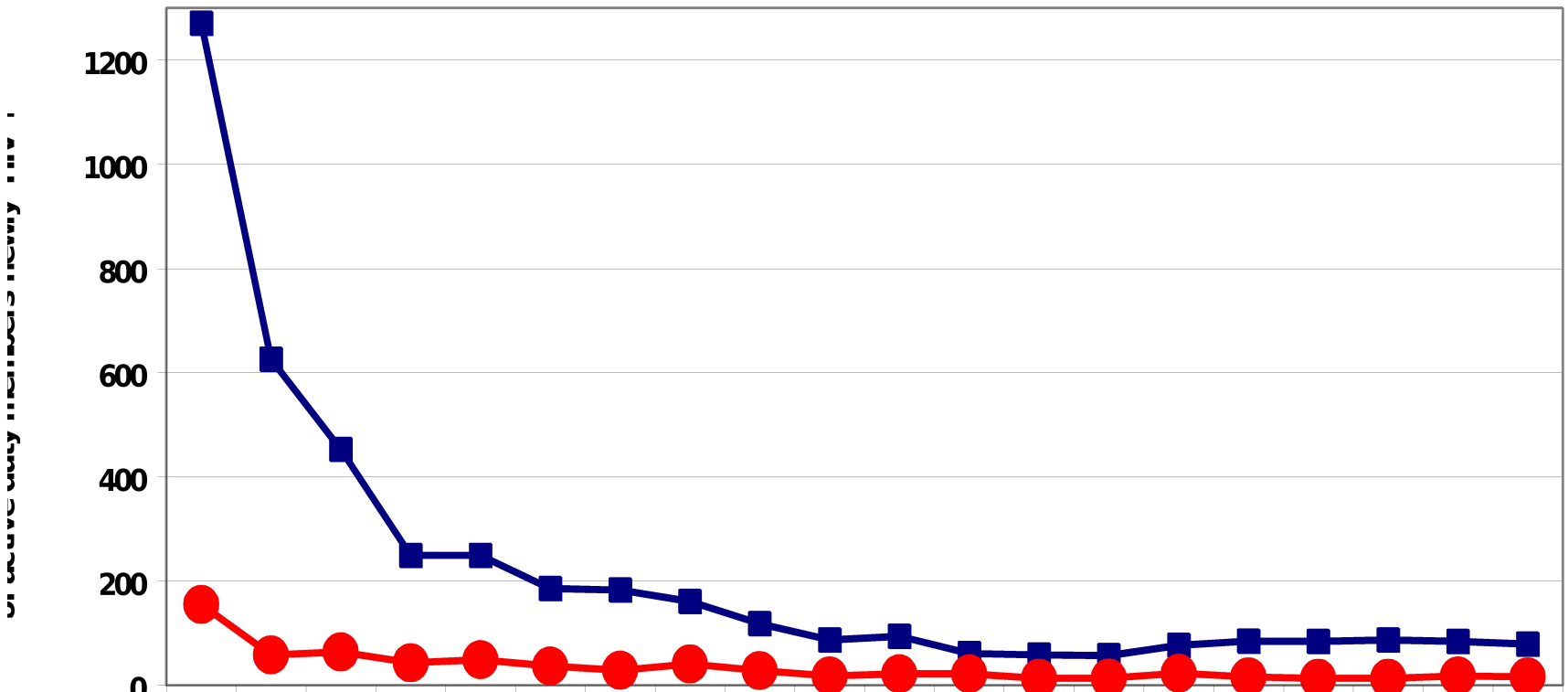


HIV Positive Sailors and Marines on Active Duty
End of Calandar Year 1992-2004



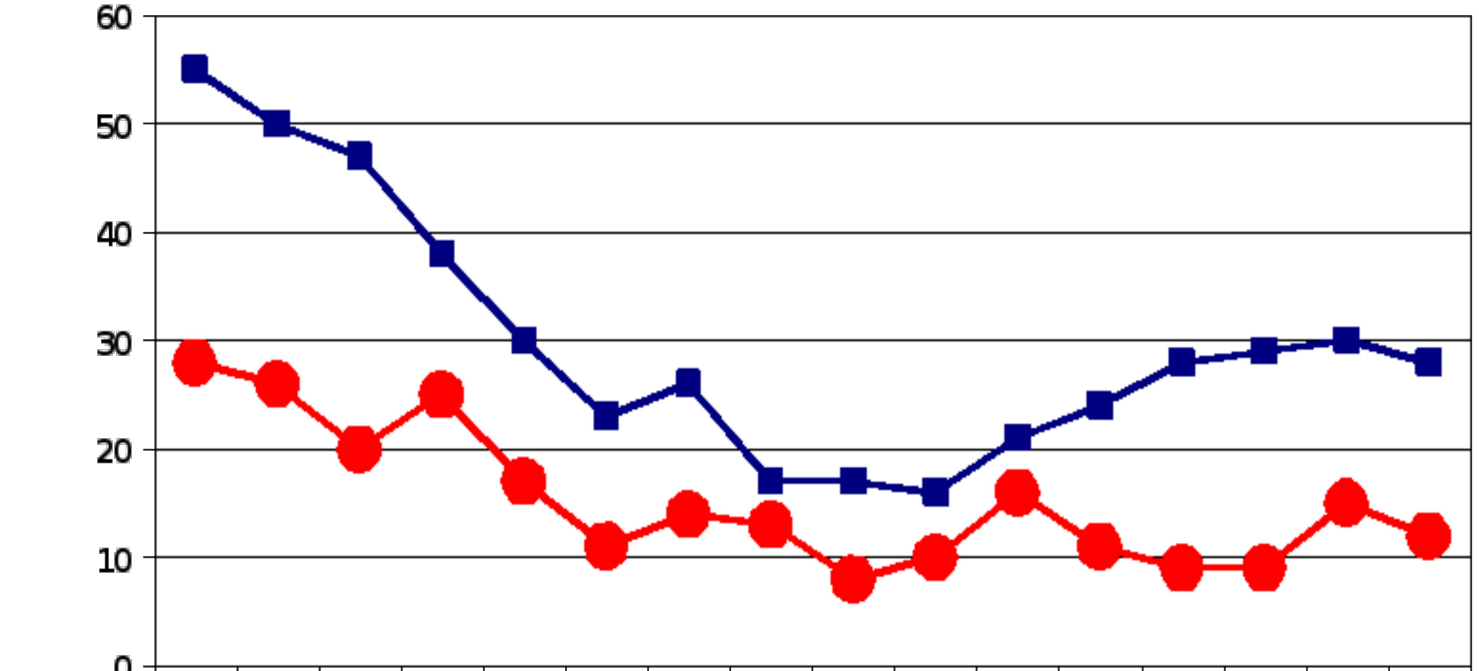
	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004
Navy	785	751	634	551	492	368	360	322	347	402	433	424	422
USMC	91	91	88	86	76	62	57	63	60	59	66	77	58

Newly Identified HIV Positive Active Duty Members
Navy and USMC, 1986-2005



	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005
Navy	1271	626	453	249	249	186	183	161	118	87	94	61	58	57	77	85	84	87	84	79
USMC	155	58	64	43	49	37	29	41	28	18	22	22	13	14	23	16	13	13	18	16

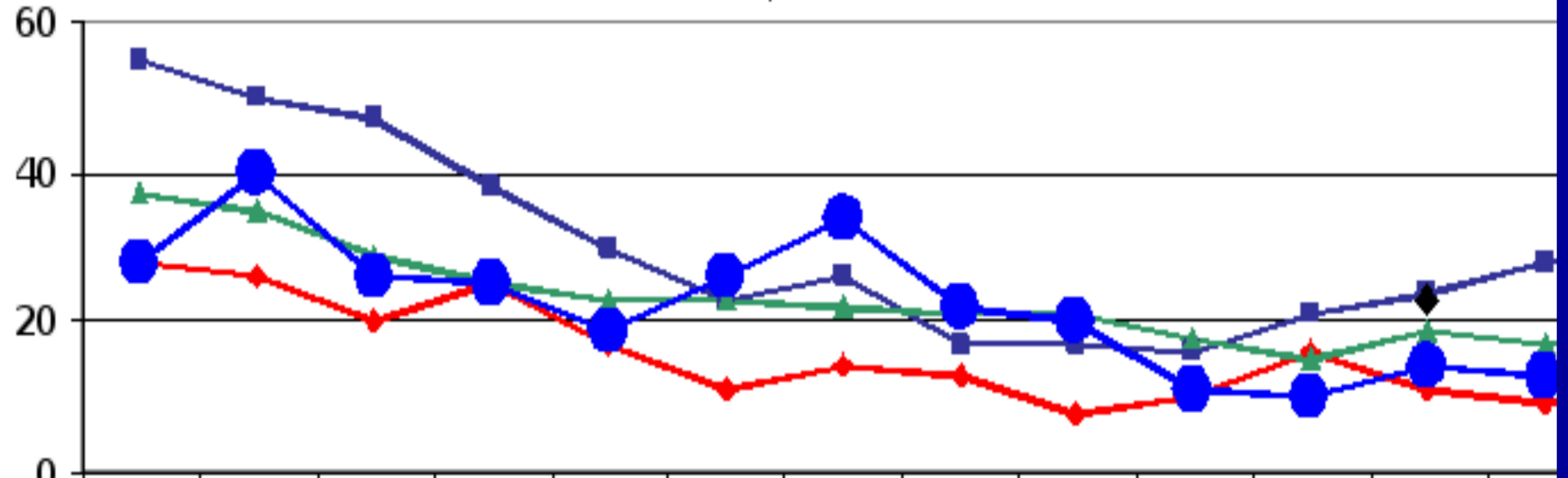
HIV Seroconversion Rates per 100,000 Tested
Navy and USMC, 1990-2005



	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005
Navy	55	50	47	38	30	23	26	17	17	16	21	24	28	29	30	28
USMC	28	26	20	25	17	11	14	13	8	10	16	11	9	9	15	12

Newly Identified HIV Positive Active Duty Members

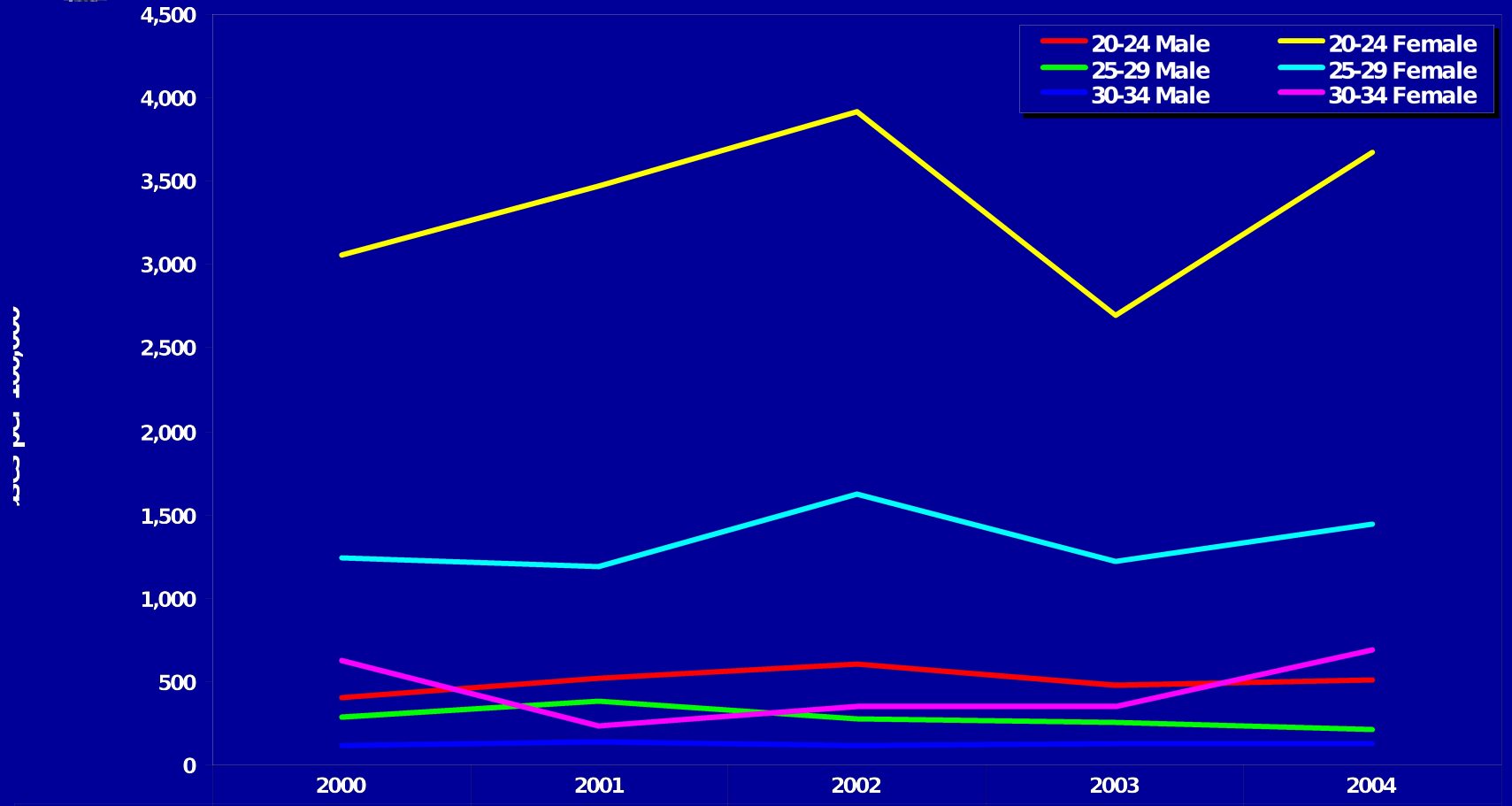
Crude Annual Rates per 100,000 Members Tested (rounded)



	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	200
USMC	28	26	20	25	17	11	14	13	8	10	16	11	9
Navy	55	50	47	38	30	23	26	17	17	16	21	24	28
Army	37	35	29	25	23	23	22	21	21	18	15	19	17

Navy Environmental Health Center

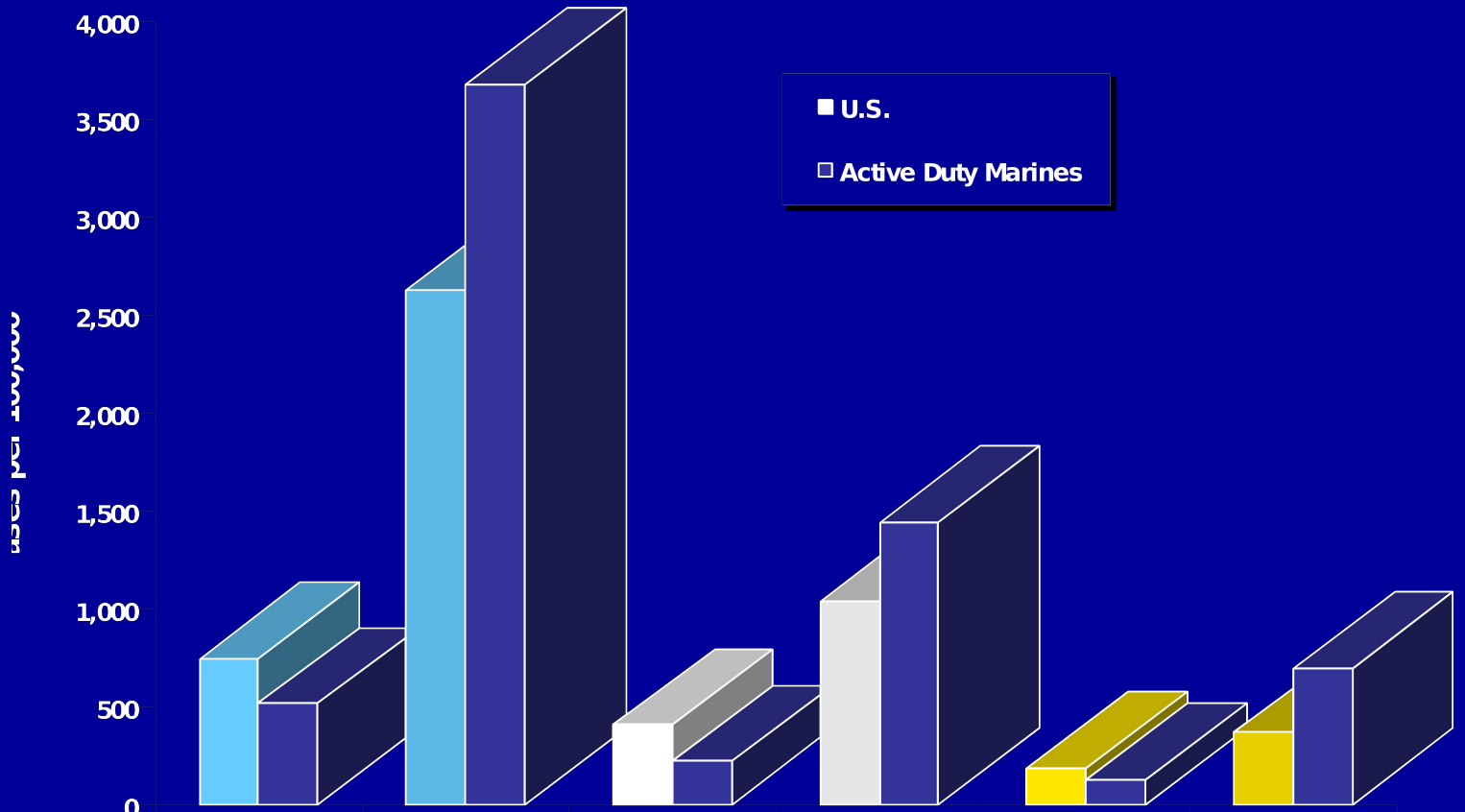
Chlamydia Rates - Active Duty Marine Corps (2000-2004), Selected Age Groups



	2000	2001	2002	2003	2004
20-24 Male	404.4122587	524.117381	601.0936197	481.7079437	512.1954382
20-24 Female	3060	3468.876469	3916.866507	2696.975535	3677.042802
25-29 Male	289.7473997	379.7563543	279.3400127	258.7001205	216.5731733
25-29 Female	1237.623762	1189.730745	1629.072682	1222.222222	1443.850267
30-34 Male	115.5597852	133.5648457	116.4445595	124.3858449	122.7897839
30-34 Female	629.7229219	235.5712603	352.9411765	350.0583431	689.6551724

Navy Environmental Health Center - October 2005

Chlamydia Rates - Active Duty Marine Corps vs. U.S. (2004), Selected Age Groups

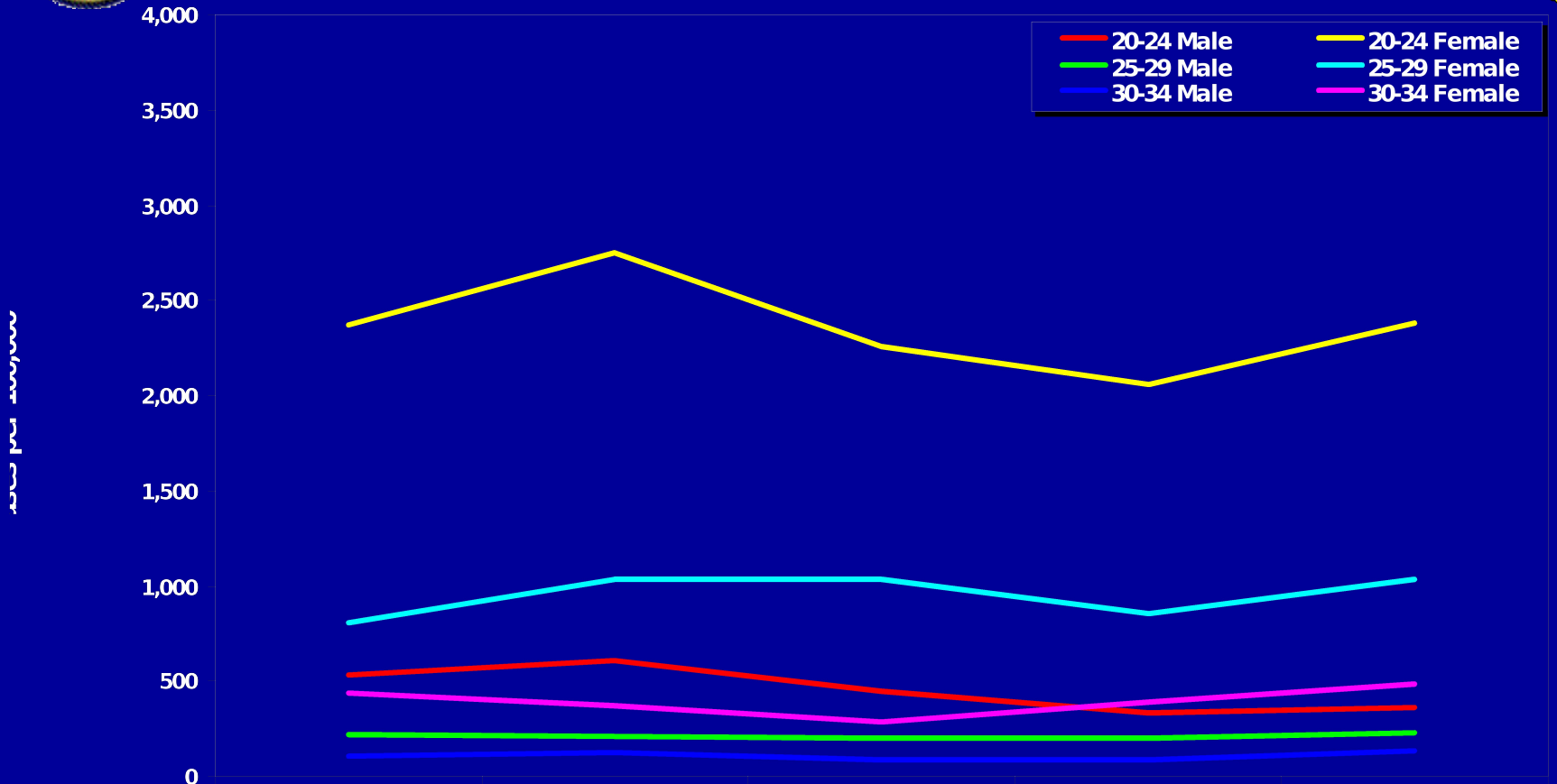


	20-24 Male	20-24 Female	25-29 Male	25-29 Female	30-34 Male	30-34 Female
U.S.	744.7	2630.7	402.9	1039.5	185.2	364.8
Active Duty Marines	512.1954382	3677.042802	216.5731733	1443.850267	122.7897839	689.6551724

sources: US rates from CDC 2003 GISP Repor www.cdc.gov/std/stats/tables/table20.htm
Navy GC rates from NEHC unpublished (NDRS). Navy population denominator data from DMED

Navy Environmental Health Center

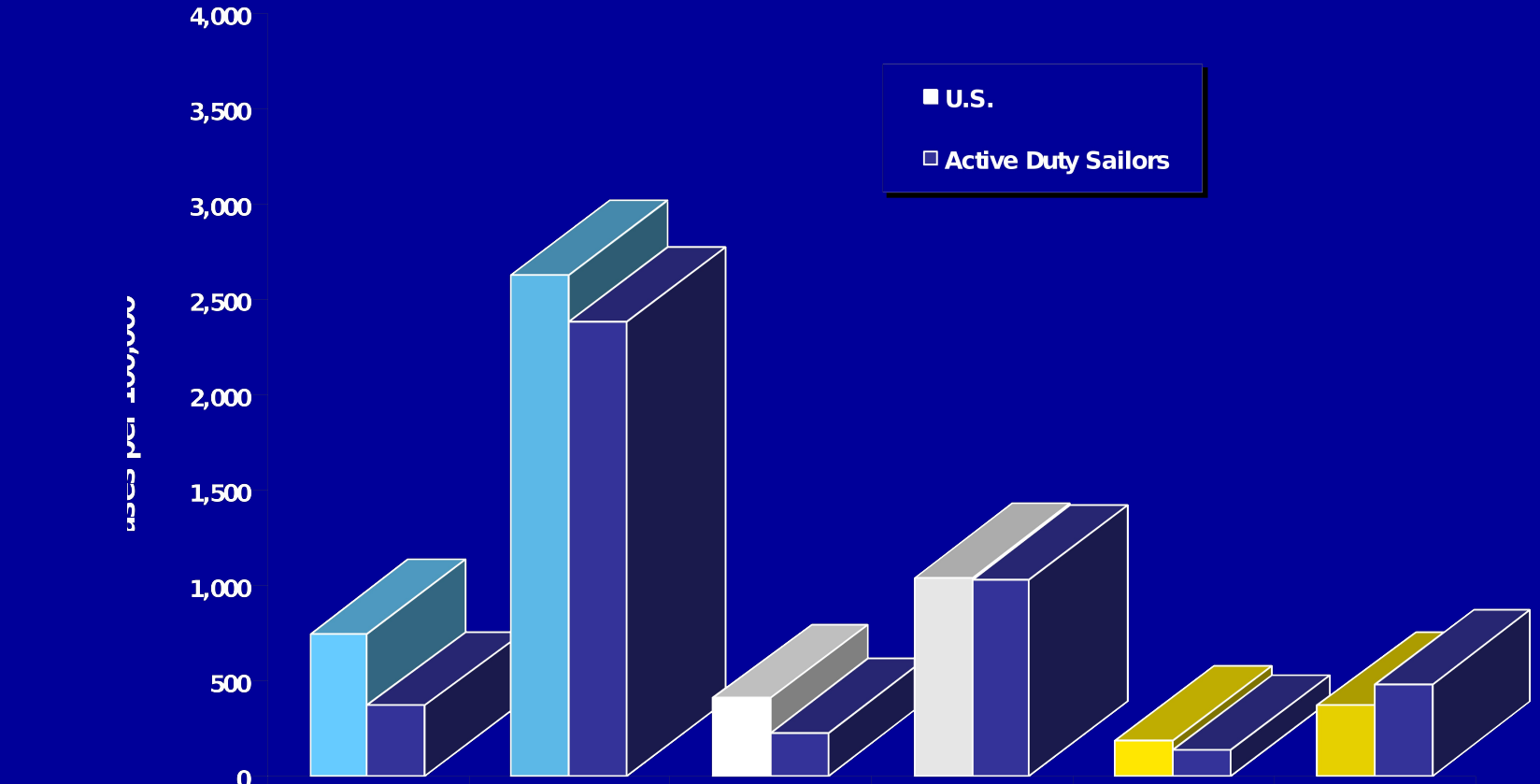
Chlamydia Rates - Active Duty Sailors (2000-2004), Selected Age Groups



	2000	2001	2002	2003	2004
20-24 Male	532.7169666	608.7802429	443.6635617	330.4882605	363.7106264
20-24 Female	2370.510187	2747.029552	2256.79843	2054.209556	2380.626625
25-29 Male	218.038292	208.5540254	195.0046314	199.9338801	225.3287961
25-29 Female	806.9865134	1036.989523	1030.034655	856.0727662	1028.894796
30-34 Male	108.5519174	122.6327852	86.60624371	81.05698306	131.8092884
30-34 Female	431.392069	368.8181056	285.9064918	383.9732888	479.5766496

Navy Environmental Health Center - October 2005

Chlamydia Rates - Active Duty Sailors vs. U.S. (2004), Selected Age Groups

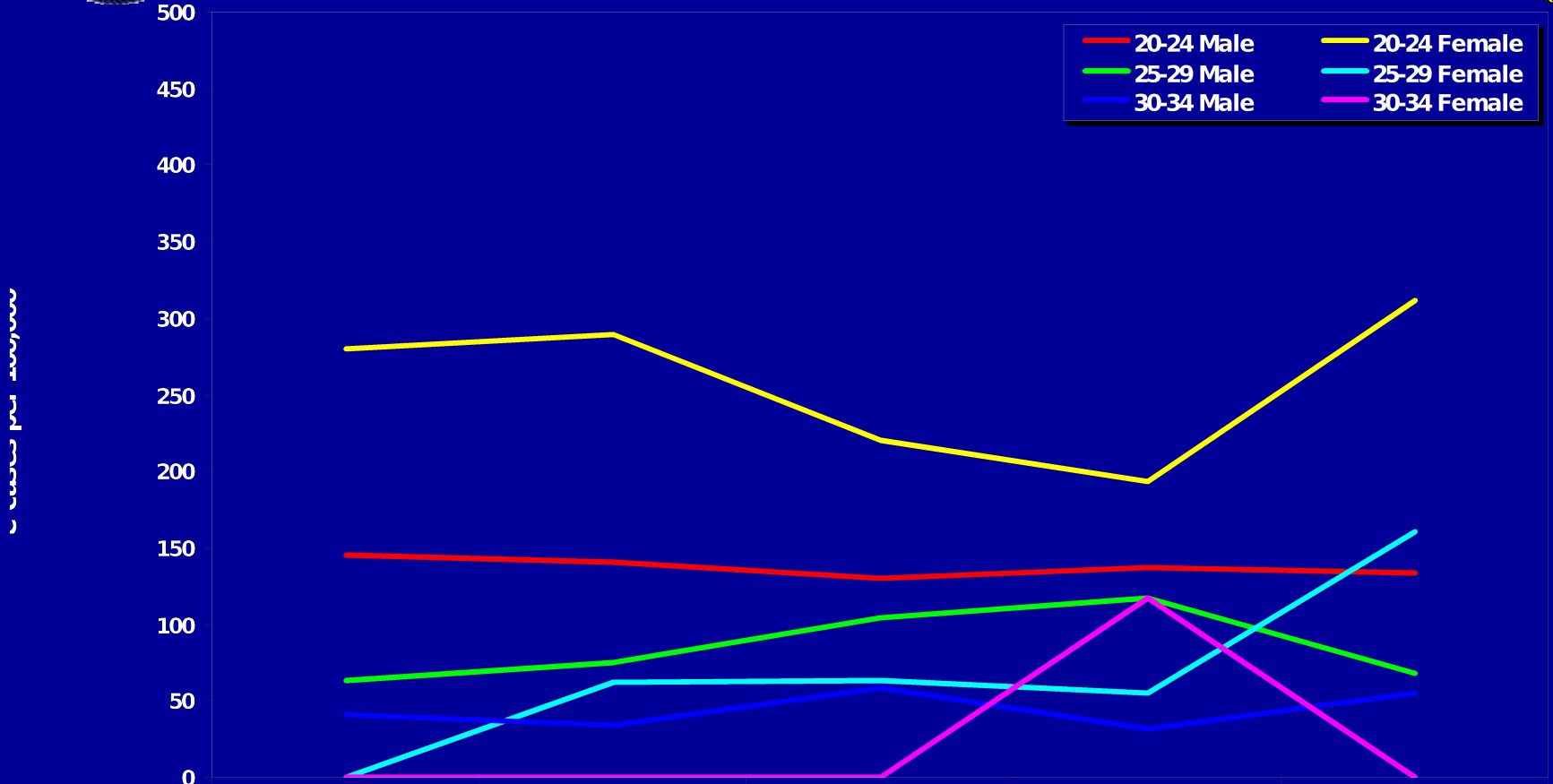


	20-24 Male	20-24 Female	25-29 Male	25-29 Female	30-34 Male	30-34 Female
U.S.	744.7	2630.7	402.9	1039.5	185.2	364.8
Active Duty Sailors	363.7106264	2380.626625	225.3287961	1028.894796	131.8092884	479.5766496

sources: US rates from CDC 2003 GISP Repor www.cdc.gov/std/stats/tables/table20.htm
Navy GC rates from NEHC unpublished (NDRS). Navy population denominator data from DMED

Navy Environmental Health Center

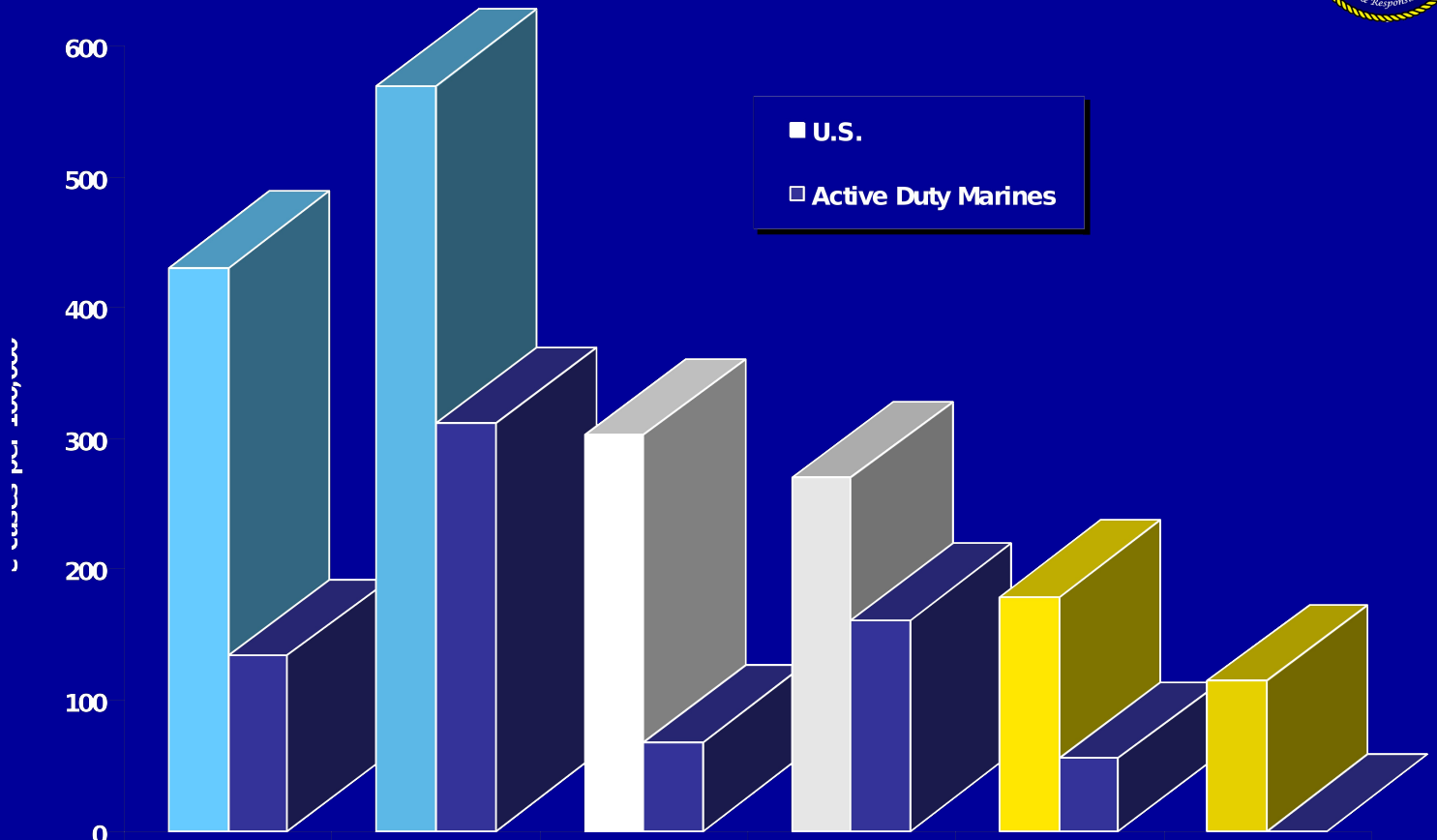
Gonorrhea Rates - Active Duty Marine Corps (2000-2004), Selected Age Groups



	2000	2001	2002	2003	2004
20-24 Male	145.1047307	141.006199	129.7514862	137.4473333	133.5598231
20-24 Female	280	289.0730391	219.8241407	192.6411096	311.2840467
25-29 Male	63.15007429	75.19927809	104.2869381	116.9466298	67.45721792
25-29 Female	0	62.61740764	62.6566416	55.55555556	160.4278075
30-34 Male	40.78580654	33.39121143	58.22227973	31.09646122	55.25540275
30-34 Female	0	0	0	116.6861144	0

Navy Environmental Health Center - October 2005

Gonorrhea Rates - Active Duty Marine Corps vs. U.S. (2004), Selected Age Groups

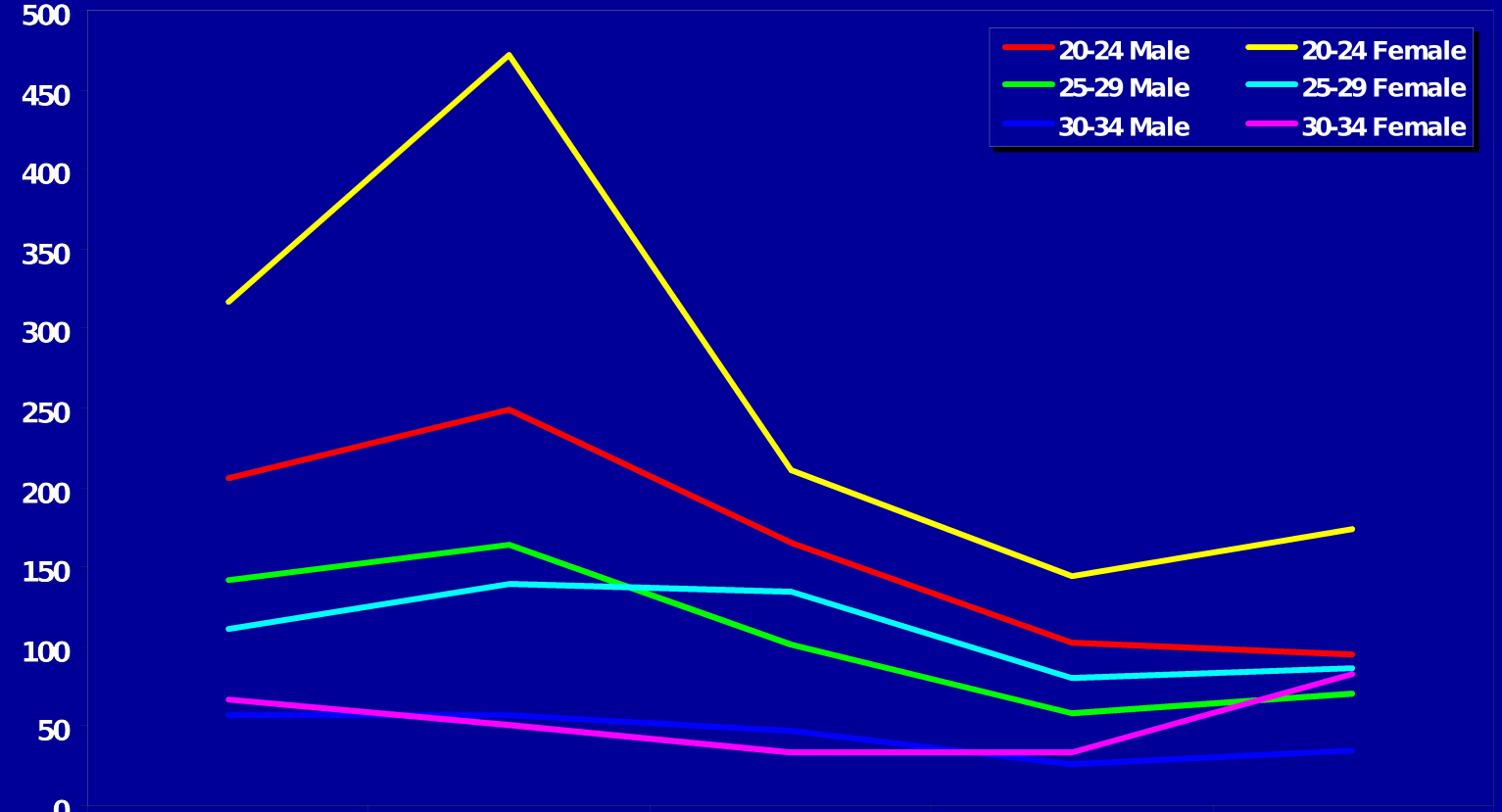


	20-24 Male	20-24 Female	25-29 Male	25-29 Female	30-34 Male	30-34 Female
U.S.	430.6	569.1	302.1	269.7	178.6	114.2
Active Duty Marines	133.5598231	311.2840467	67.45721792	160.4278075	55.25540275	0

sources: US rates from CDC 2003 GISP Repor www.cdc.gov/std/stats/tables/table20.htm
Navy GC rates from NEHC unpublished (NDRS). Navy population denominator data from DMED

Navy Environmental Health Center

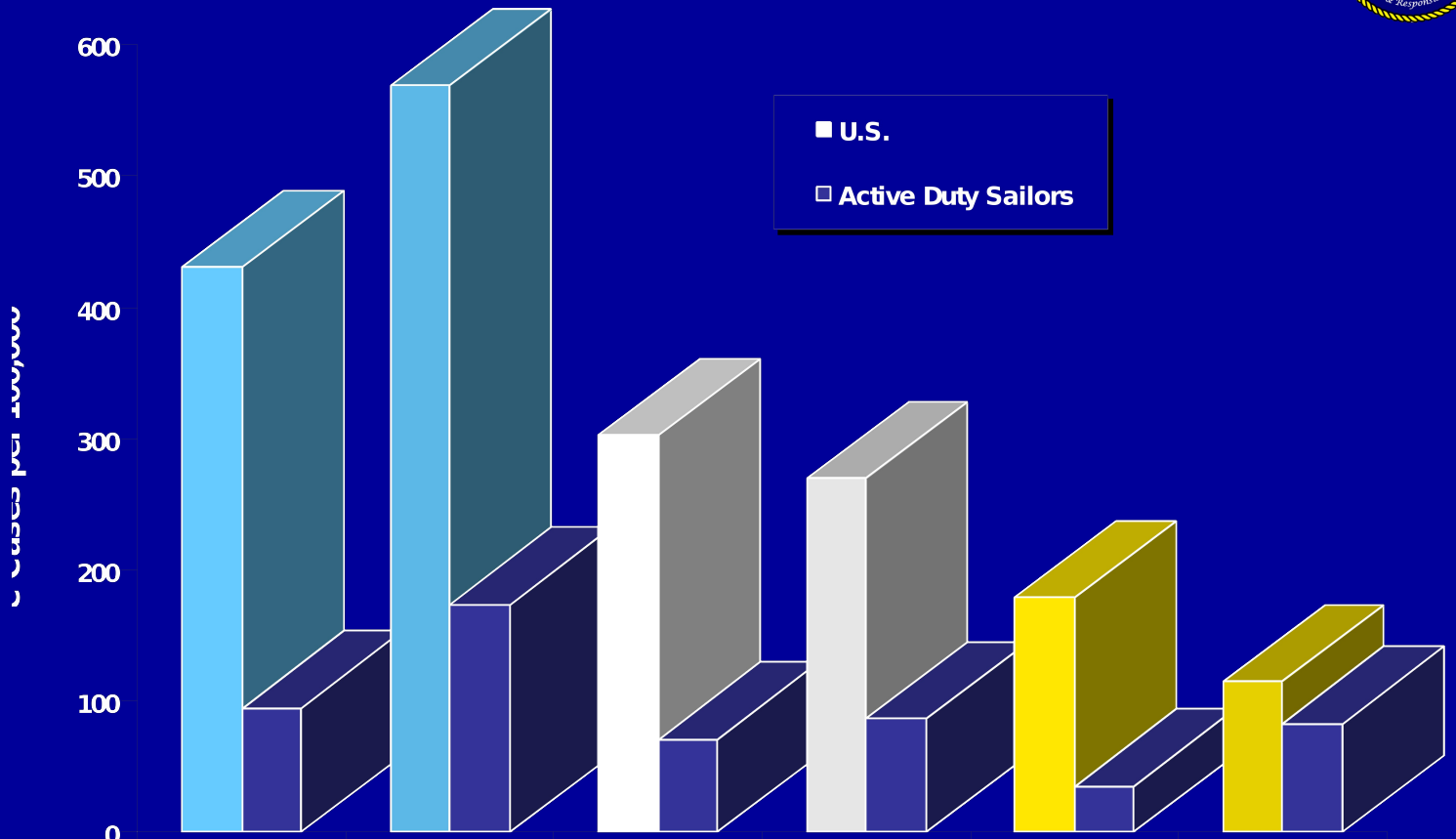
Gonorrhea Rates - Active Duty Sailors (2000-2004), Selected Age Groups



	2000	2001	2002	2003	2004
20-24 Male	205.8224644	248.9513708	164.9015008	102.4992576	94.33136567
20-24 Female	316.438128	472.2250432	210.2607233	143.8396188	173.3023213
25-29 Male	141.6453138	163.8638771	100.7523929	58.24845327	70.51105184
25-29 Female	110.5460977	138.9779773	134.7708895	80.25682183	85.74123296
30-34 Male	57.23646555	56.29045877	46.32426989	26.34351949	35.01184224
30-34 Female	66.36801062	50.29337804	33.63605785	33.38898164	82.68562924

Navy Environmental Health Center - October 2005

Gonorrhea Rates - Active Duty Sailors vs. U.S. (2004), Selected Age Groups

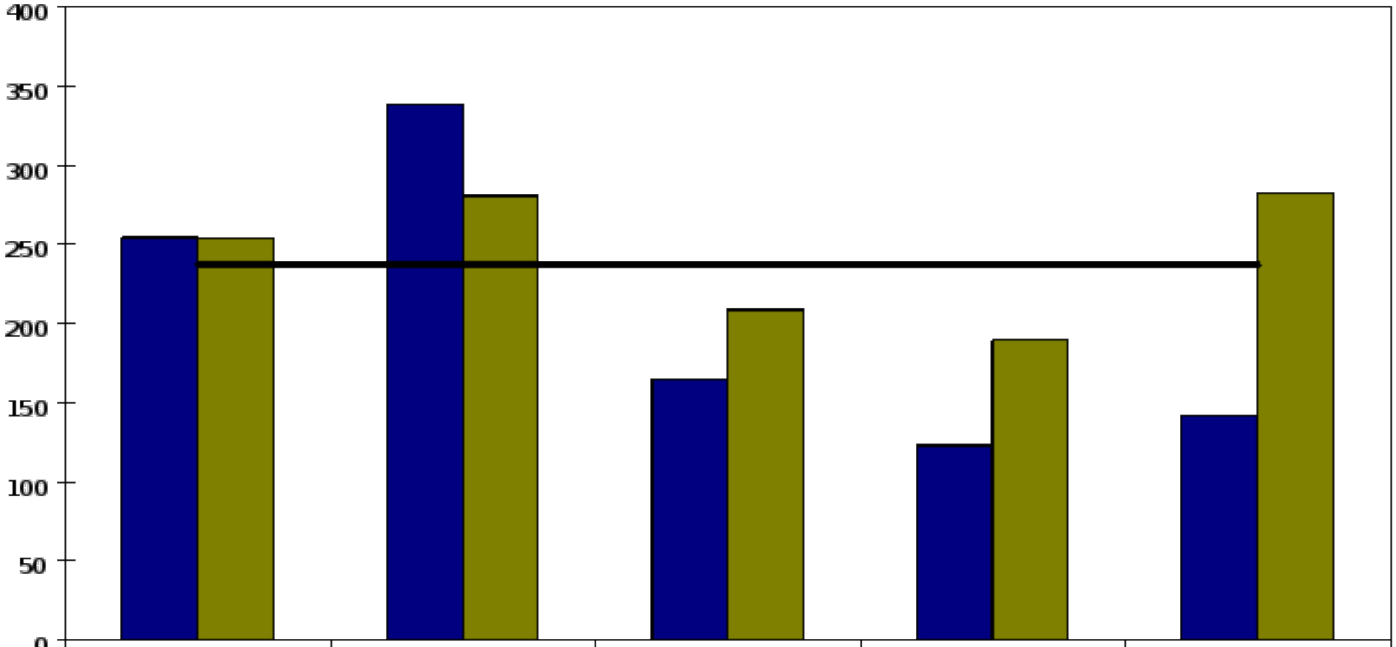


	20-24 Male	20-24 Female	25-29 Male	25-29 Female	30-34 Male	30-34 Female
U.S.	430.6	569.1	302.1	269.7	178.6	114.2
Active Duty Sailors	94.33136567	173.3023213	70.51105184	85.74123296	35.01184224	82.68562924

sources: US rates from CDC 2003 GISP Repor www.cdc.gov/std/stats/tables/table20.htm
Navy GC rates from NEHC unpublished (NDRS). Navy population denominator data from DMED

Navy Environmental Health Center - December 2005

Gonorrhea Rates Among Active Duty Female Sailors and Marines vs. U.S. Rates and 2010 GPRA Goal - CY2000-2004



	2000	2001	2002	2003	2004
Female Sailors (age>16)	253.7	338.1	163.9	122.6	141.6
Female Marines (age>16)	253.3	280.0	208.1	189.1	282.0
GPRA 2010 Goal #1c (women aged 15-44)	237.0	237.0	237.0	237.0	237.0

2004 Cases: (a) Women: USN =76, USMC =30. (b) Men (shown for comparison only): USN =199, USMC =156.

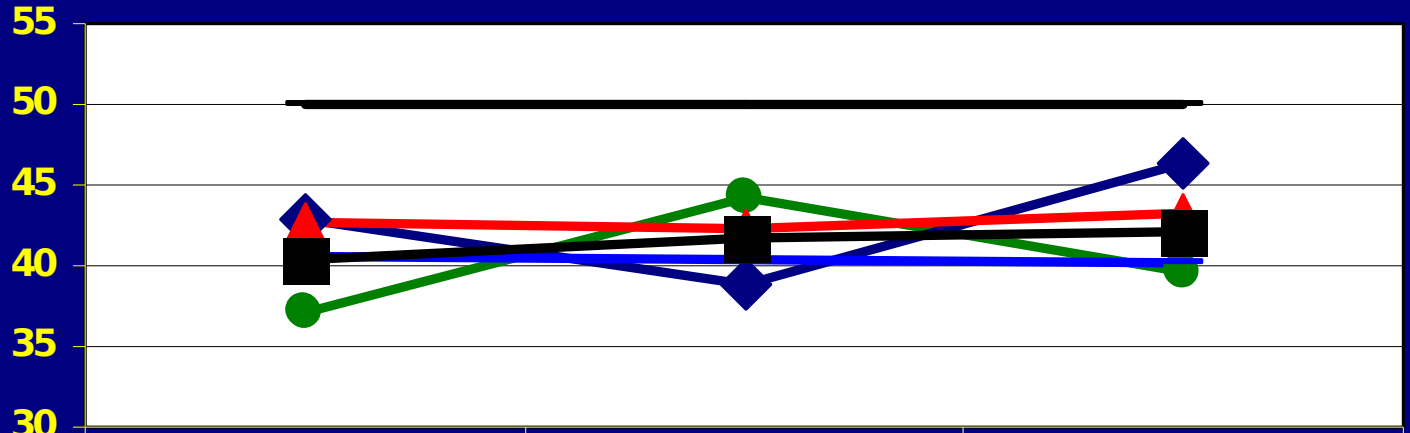
Sources:
-US rates from CDC 2003 GISP Report http://www.cdc.gov/std/stats/tables/table20.htm.
-DoN GC rates from NEHC unpublished (NDRS).
-Navy population denominator data from DMED.
-Government Performance Results Act (GPRA) 2010 Goal: http://www.cdc.gov/std/stats/tables/tablea4.htm.

Navy Environmental Health Center - Sexual Health and Responsibility Program (SHARP)

Condom Use at Last Sexual Encounter

Among Unmarried Active Duty Members

(source: DoD Worldwide Survey of Health Related Behaviors Among Military Personnel)



	1995	1998	2002
Army	37.1	44.3	39.6
Navy	42.9	38.9	46.4
USAF	40.5	40.3	40.2
USMC	42.7	42.4	43.3
DoD	40.4	41.8	42.1

Local Data and Objectives

See “Promoting Sexual Health Among Military Populations”

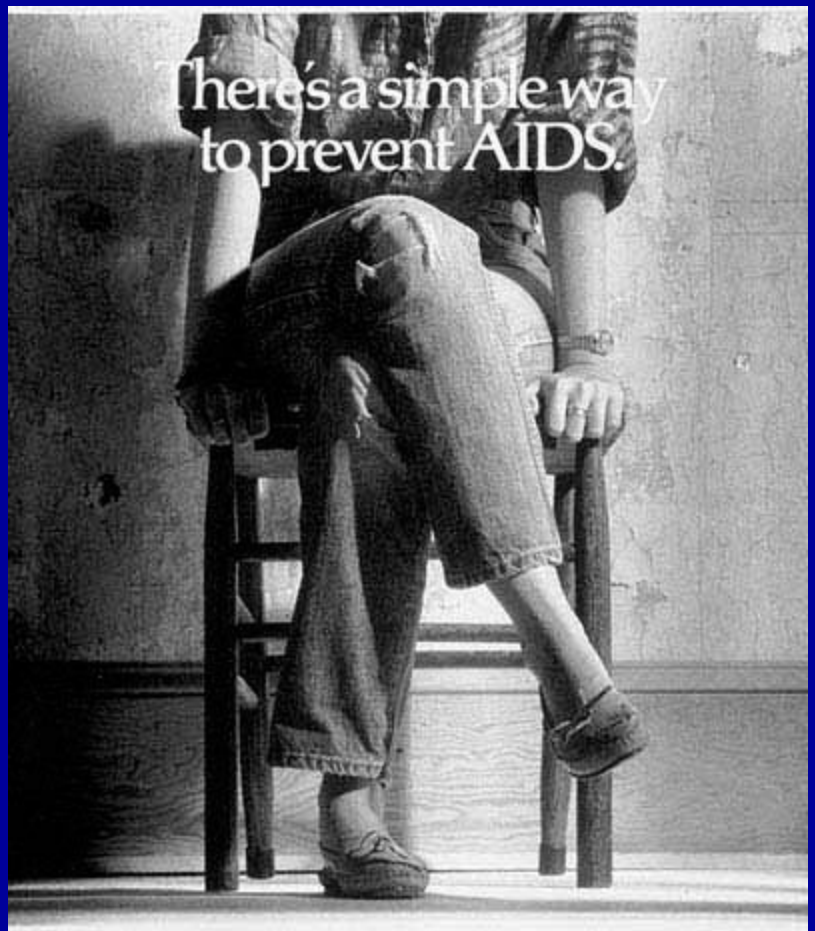
- Navy and USMC HRA (question #13)
- NDRS data
- GMT sign-in logs
- CO “conclusion re: condom access
- CO “conclusion” re: sexual health awareness event

Resources - Films

- GMT
  - 2005 = *HIV-AIDS: A Clear and Present Danger*
  - 2004 = *Responsible Parenting – Give Yourself a Chance*
- SEMPER FIT / *Liberty Brief*
- Condom Use film clip
- *Living Positively with HIV*

Resources - Posters

- CDC
- Military
- Commercial



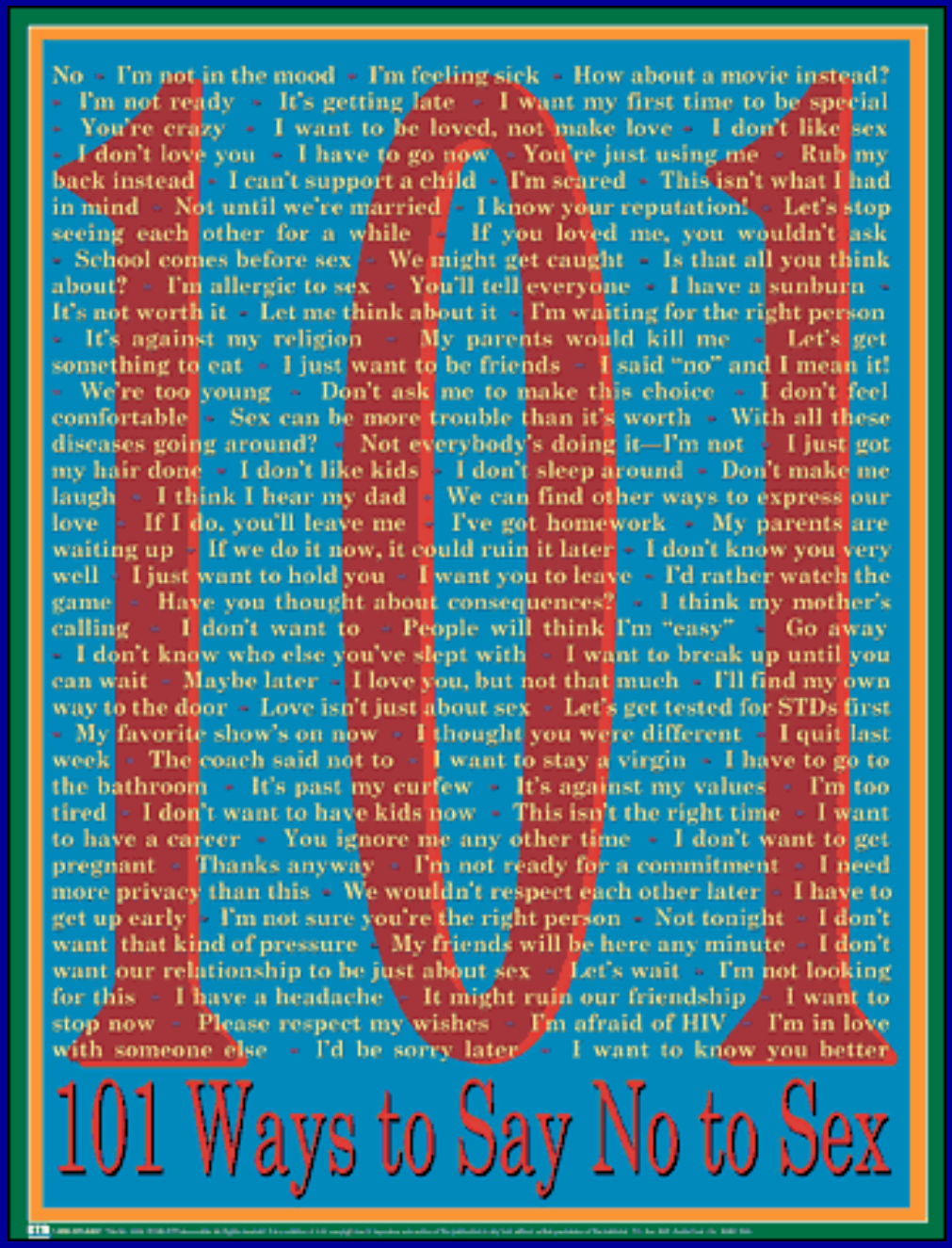
You want to be risk-free from AIDS? Don't have sex. And as long as you aren't shooting drugs, you'll be fine. No worries about who's slept around, who's had blood tests, and whether your condoms are latex or not. 1-800-342-AIDS. For the hearing impaired, 1-800-AIDS-TTY.

AMERICA
RESPONDS
TO AIDS

"A sailor doesn't have to prove he's a man!"

remember:

THERE'S NO MEDICINE FOR REGRET


No • I'm not in the mood • I'm feeling sick • How about a movie instead? • I'm not ready • It's getting late • I want my first time to be special • You're crazy • I want to be loved, not make love • I don't like sex • I don't love you • I have to go now • You're just using me • Rub my back instead • I can't support a child • I'm scared • This isn't what I had in mind • Not until we're married • I know your reputation! • Let's stop seeing each other for a while • If you loved me, you wouldn't ask • School comes before sex • We might get caught • Is that all you think about? • I'm allergic to sex • You'll tell everyone • I have a sunburn • It's not worth it • Let me think about it • I'm waiting for the right person • It's against my religion • My parents would kill me • Let's get something to eat • I just want to be friends • I said "no" and I mean it! • We're too young • Don't ask me to make this choice • I don't feel comfortable • Sex can be more trouble than it's worth • With all these diseases going around? • Not everybody's doing it—I'm not • I just got my hair done • I don't like kids • I don't sleep around • Don't make me laugh • I think I hear my dad • We can find other ways to express our love • If I do, you'll leave me • I've got homework • My parents are waiting up • If we do it now, it could ruin it later • I don't know you very well • I just want to hold you • I want you to leave • I'd rather watch the game • Have you thought about consequences? • I think my mother's calling • I don't want to • People will think I'm "easy" • Go away • I don't know who else you've slept with • I want to break up until you can wait • Maybe later • I love you, but not that much • I'll find my own way to the door • Love isn't just about sex • Let's get tested for STDs first • My favorite show's on now • I thought you were different • I quit last week • The coach said not to • I want to stay a virgin • I have to go to the bathroom • It's past my curfew • It's against my values • I'm too tired • I don't want to have kids now • This isn't the right time • I want to have a career • You ignore me any other time • I don't want to get pregnant • Thanks anyway • I'm not ready for a commitment • I need more privacy than this • We wouldn't respect each other later • I have to get up early • I'm not sure you're the right person • Not tonight • I don't want that kind of pressure • My friends will be here any minute • I don't want our relationship to be just about sex • Let's wait • I'm not looking for this • I have a headache • It might ruin our friendship • I want to stop now • Please respect my wishes • I'm afraid of HIV • I'm in love with someone else • I'd be sorry later • I want to know you better
101 Ways to Say No to Sex

Resources – other stuff

- *SHARPFact* fact sheets
- Message for CO's
- POD notes
- Clinical slides
- National Observances

Resources – Program Support

- *SHARP Toolbox* CD
- SHARP website
- *HP Toolbox* website
- *SHARPNews* newsletter
- *Promoting Sexual* Health guide
- *Condom Access* guide
- *Local / Medical Evaluation Criteria*

Resources - Training

- Self-study courses
  - *HIV Policy*
  - *Sexual Health Primer*
  - *PCRS*
- Classroom courses
  - *HIV-STD Prevention Counseling*
  - *PCRS*
  - *Sexual Risk Assessment*
  - *Promoting Sexual Health*

Strategies for Condom Access: Facts about condoms

- Condom use levels in the DoD
- Condom effectiveness
  - Varies with STD / pregnancy
  - N-9
- Condom types and sources:
  - NSN / AMMALs
  - commercial (non-profit public health price list)

Strategies for Condom Access: Barriers to condom use

- Condom use barriers
  - Access: availability, cost
  - Skills: use and negotiation
  - Social barriers: gender, peer influence
- Condom access controversies
  - Access while “under-way”
  - “morality” / encourages sex? / DoN endorsement?
  - $

Condom Access Strategies

- Key Point #1
  - Include comprehensive risk reduction messages in all condom access efforts

Risk-Reduction Options

- A - Abstinence
- B – Be faithful (Monogamy)
- C - Condoms and other barriers
- D - Decrease number of partners
- E - Evaluate/reject high risk partners

Condom Access Strategies

- Key point #2
  - Collaborate. Get partners.
  - Keep key leaders informed.
  - Get buy-in.

Condom Access Strategies

- Key point #3
  - Know your population. Who has unprotected sex? Where and when?
    - Time
    - Person
    - Place

Condom Access Strategies

- Thoughtful strategy
- Stock-up clinical settings, PHA counselors, Prev Med Techs, HP
- Inconspicuous and/or universal access
- Agenda of non-DoD partners
- Each “challenge” = opportunity to educate

Condom Skills: must address when and how

- Use condoms every time
  - Access
- Use condoms correctly
  - Use
  - Negotiation

Summary

- Key components of sexual health promotion campaign
- Resources
- Condom access strategy
- Condom skills

Thank you for helping our people to ‘chart a safe course’

Bob MacDonald, MS, CHES
Navy Environmental Health Center
Directorate of Population Health
Sexual Health and Responsibility Program (SHARP)
620 John Paul Jones Circle, Suite 1100
Portsmouth VA 23708

web: http://www-nehc.med.navy.mil/hp/sharp

e-mail: sharp@nehc.med.navy.mil

voice: (757) 953-0974 [DSN 377]
fax: x-0688